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1834

INSTITUTION FOR  
THE CURE OF  
CONSUMPTION

1834







Whitlaw, Charles

# INSTITUTION

— FOR THE CURE OF

CONSUMPTION, IN ITS MIDDLE OR INCIPIENT STAGE,

SCROFULA IN ALL ITS VARIOUS FORMS,

CANCEROUS TUMORS IN THEIR INCIPIENT STAGE,

CUTANEOUS DISEASES, LIVER COMPLAINTS, RHEUMATISM, GOUT,

ASTHMA, DEBILITY, AND ALL DISORDERS

ARISING FROM

DERANGEMENT OF THE DIGESTIVE ORGANS,

BY MEANS OF

AMERICAN VEGETABLE REMEDIES,

A Suitable Plan of Diet and Regimen,

AND

WHITLAW'S

PATENT MEDICATED VAPOR BATHS.

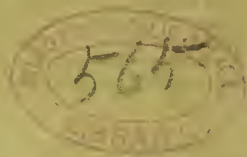
280 BROADWAY.



New-York.

PRESS OF H. R. PIERCY, 7 THEATRE ALLEY.

1834.



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File # 4063, no. 5

## MEDICINAL PREPARATIONS

OF

**MR. WHITLAW.**

### **The Specific Virtues of Mr. Whitlaw's American Vegetable Remedies.**

The medicinal preparations and combinations, as well as their effects on the human body, have not only been accurately made up and observed by Mr. Whitlaw's extensive practice, but many medical men, who rank very high in the profession, are agreed as to their specific action and salutary virtues.

#### **Alterative 1.**

Acts by promoting all the secretions, particularly the secretions of the glands, mucous membranes, kidneys, and skin. It is administered in cases of dry, scaly, cutaneous diseases, rheumatism, gout, spasms at the stomach, and other diseases attended with spasmodic affections of the muscles; also quinsy, croup, hooping-cough, and measles; the due action of the bowels being preserved by means of the ordinary vegetable purgatives. It is likewise employed in all those states of constitution requiring the action of an alterative, without that of purgative medicine, particularly for women during pregnancy, at their confinement, and when they are nursing. This medicine is unequalled for increasing the quantity and improving the quality of the milk in nurses, and in removing any constitution maladies the child may inherit from its parents.

#### **Alterative and Purgative 2.**

Besides the action of No 1, above described, this medicine operates as a safe and effectual purgative, by increasing the secretions of the stomach and bowels, and promoting the peristaltic motions of the intestines. It acts powerfully, when given in full doses frequently repeated, as a sudorific, and increases the action of the whole absorbent and glandular systems of the body. Hence the value of this medicine in the treatment of scrofula and glandular diseases, dyspepsia habitual constipation of the bowels, diseases of the liver, spleen, and mesenteric glands, humid disorders of the skin, and, in short, in all those complaints which so often arise from a derangement of the digestive functions.

Given in full doses at the commencement of attacks of fever and inflammation, it generally stops their progress by opening all the emunctories of the body. It is the most valuable in the cure of cholera morbus, yellow, putrid, and typhus fevers, liver complaints, atrophy, and most diseases of hot climates.

#### **Alterative and Emollient 3.**

In addition to the action of No. 1, this medicine acts as a demulcent, and is given in all those cases in which the No. 1, is employed, and a modified operation of the medicine is required; particularly in some cases of cutaneous disease of the dry scaly character, upon which this medicine has a specific action, as well as in cases of pulmonic disease, to repress hectic fever, and promote expectoration of purulent matter from the lungs.

#### **Alterative and Sudorific 4.**

This medicine being a combination of No. 1. with a powerful sudorific and antiseptic, is extremely valuable in all cases where there is a putrescent tendency in the fluids or solids of the body, as in the advanced stages of fever, after due evacuations have been employed, and in cases of mortification of any part of the body. In short, it may be employed whenever a sudorific effect is required, and when the use of the vapor bath is inadmissible.

# WHITLAW'S PATENT MEDICAL VAPOR BATHS,

FOR THE CURE OF

*Scrofula in all its various forms, Scirrhus Tumors in their Incipient Stage,  
Cutaneous Diseases, Liver Complaints, Gout, Rheumatism,  
Asthmas, Debility, and all disorders arising from  
derangement of the Digestive Organs ;*

BY MEANS OF

**A new System of Medical Treatment, and a Suitable Plan of Diet and Regimen ;**

**ESTABLISHED AT 280 BROADWAY, NEW-YORK.**

Copied from the London and Manchester Reports.

*A Medical Adviser to the Establishment, and will be in attendance from 9 o'clock until 4 every  
day, Sundays excepted.*

Baths may be had at any time during the day, by giving half an hour's notice.

**Patrons and Subscribers to Mr. Whitlaw's Institution in London:— from 1833 to 1834.**

His late Royal Highness the DUKE OF YORK,  
The Right Hon. the LORD MAYOR OF LONDON,  
The Right Hon. the EARL OF STAMFORD and  
WARRINGTON,

The Right Hon. LORD BEXLEY,  
The Hon. and Rev. ARCHIBALD GREY,  
Sir CLAUDIUS STEPHEN HUNTER, Bart.,  
Vice Adml. Sir Jos. SIDNEY YORK, K.C.B. M. P.  
Sir FRANCIS MOLYN OMMANEY, M. P.  
Major General NEVILLE,  
Lady OLIVIA B. SPARROW,  
Countess of GOSFORD,  
Dowager Countess of CASTLE STEWARD,  
Lady BYRON,  
Lady THOMPSON.

*The following are chosen for the present year, 1834.*

PATRONESSES.  
COUNTESS OF GOSFORD,  
COUNTESS OF CASTLE STUART,  
LADY OLIVIA B. SPARROW.

EARL OF GOSFORD,  
LORD ACHISON,

LIEUT-GEN. NEVILLE,  
EARL OF RODEN.

PRESIDENT.

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Mr. SHERIFF PEAK,  
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Mr. ROBINS,  
Mr. SCOTT,  
Mr. STAINSEY,  
Mr. WILSON,  
Mr. WARR.

R. J. THORNTON, M.D.  
CAPTAIN ROBINSON,  
Mr. LEWIS, Surgeon,  
Mr. WINSAR, Surgeon,  
Rev. E. DUNN,  
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Mr. HICKSON,  
Mr. LEAVERS.  
Mr. OLIVER,  
Mr. ROBINSON,  
Mr. W. SWEETING,  
Mr. THORNTON,  
Mr. WALLACE,

HONORARY SECRETARY.  
Rev. ALEXANDER FLETCHER.

SURGEON.

Mr. C. WHITLAW, Jun.

"The late Dr. Hamilton was a strenuous advocate for Vapor Baths. He stated that he knew of no remedy equal to it, in the cure of cancer, scrofula, and Bronchitis; and was regularly in the habit of sending his patients to the baths. Among the gentlemen, who with distinguished liberality have given the baths their support, are the late Mr. Abernethy, Mr. Travers, Mr. Guthrie, Mr. Waller, Dr. Elliotson, and Dr. Blundell."—See Report of the Annual Meeting, held at the City of London Tavern, March 31, 1831.

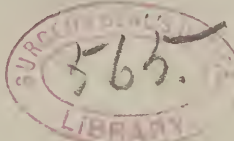
## THE PATENT MEDICATED VAPOR BATH,

Employed with the Vegetable remedies, is a powerful auxiliary in the cure of the under-mentioned diseases.

The effects of the Vapor Bath are ;—

- 1st.—To equalize the circulation of the blood, and hence to remove coldness of the hands and feet and to lessen the determination or flow of blood to the head.
- 2d.—To promote sweat and re-establish insensible perspiration, and thereby to relieve symptoms of internal inflammation.
- 3d.—To diminish nervous irritability ; and in no instance has it failed to cure tic douloureux.
- 4th.—To promote cutaneous eruptions, and remove diseases of the skin.
- 5th.—To remove the effects of mercury and lead from the system.
- 6th.—To promote absorption of dropsical effusions.
- 7th.—To relieve difficulty of breathing, and hence to cure Asthma, and other diseases of the chest and lungs.
- 8th.—To strengthen the stomach, and impart a tone to the digestive organs, and cure dyspepsia with its consequent disorders.
- 9th.—To promote the healing of Scrofulous and Chronic Ulcers.
- 10th.—To remove gouty and Rheumatic pains and swellings from the joints, and cure Lumbago, Sciatica, &c.
- 11th.—the Guinys—the bath has never failed to relieve it.
- 12th.—the Croup. It may be regarded as a specific.
- 13th.—the Hooping Cough. Gives great relief.
- 14th.—the Measles. No instance of death has taken place, when the bath has been employed.
- 15th.—to prevent and cure discharges of blood from the Lungs and other internal organs.
- 16th.—to cure Acute and Chronic inflammation, the bath, judiciously medicated is a certain specific.
- 17th.—to cure Gout, in all its forms, in a shorter time than any agent hitherto used.
- 18th.—the bath has never failed to cure the Cholera Morbus.
- 19th.—Intermittent, (or Agues,) typhus, and continued Fevers. The bath relieves and cures without the necessity of blood-letting.
- 20th.—Insanity. In no case has Mr. Whitlaw failed in restoring to a sane state, patients put under his treatment ; and the proprietors of this establishment are authorised by him to say, that all cases of insanity can be cured by his system when there is no malformation.
- 21st.—Hydrophobia. This dreadful malady which up to the present time, has defied the skill of the medical practice, has been successfully treated by Mr. Whitlaw, and also in a number of cases by the physicians and surgeons who have adopted his system.
- 22nd.—Palsy. It greatly relieves.
- 23rd.—It has proved an effectual cure for cancer (in its incipient stages) Erysipelas—Scurvy—Painters' Cholic—Spinal Affections—Palpitation of the heart—Inflammation of the eyes—Fits—Stiff neck—Nettle rash—Jaundice—Ulceration of the throat—Liver complaints—Scald Head—and St. Vitus' Dance.

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# WHITLAW'S

## PATENT MEDICAL VAPOR BATHS.

280 BROADWAY, N. Y.

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*"It is as impossible to shut out the benefits of the vapor bath from the world, as to shut out the sun when the clouds disappear."*—Dr. Hamilton.

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VAPOR Baths, in this country, have usually been the mere exposure of the body (except the head) to sulphurous exhalations, with a view to relieve rheumatic affections; or else the application of vapour, produced by a spirit lamp, to a patient in his bed, so as to produce profuse perspiration. But this latter mode has been found exceedingly inconvenient, and, in some instances, highly dangerous, from the excessive damp imparted to the bed-clothes by the operation. Besides, it is evident that no other effect can be produced in this way, than merely exciting perspiration, and that without due regulation.

Mr. Whitlaw's vapour bath has not only decided advantages in these respects, but it attains other ends. Every one knows that various plants possess highly important medical virtues, and hence they are used in various infusions in all countries, for purposes in which experience has pointed out their efficacy. In this bath, these herbs, properly prepared and preserved, are combined according to the object they are intended to effect. They are inclosed in a condensing box beneath the tent in which the patient sits, and steam, at a high temperature, being forced upon them from an adjacent boiler, their essential oils are carried up in the form of a vapor, and fill the interior of the tent. During the fifteen or twenty minutes which the patient remains in this fragrant atmosphere, the perspiration usually flows copiously, and by constant wiping of the body, the pores are opened and cleansed. After coming out of the bath it is necessary to wipe the body perfectly dry, with as much friction as possible; and after dressing, to take the refreshment of a cup of coffee, remaining in the house half an hour or more, and then, in fine weather, a walk in the open air will be beneficial, providing the patient be in sufficient health to enjoy it. Nothing more is necessary than to avoid a sudden chill from a cold draft of wind, or a damp atmosphere.

If there ever was a time when the use of the bath was indispensable, it cannot be less so at the present, when so great a number of the various diseases are deemed incurable; such as scrofula, cancer, leprosy, and consumption, with a long catalogue of chronic complaints. These are now considered hopeless by the regular medical practice, as the bills of mortality, and the extensive ravages made on the constitutions of poor beings, too plainly demonstrate. Yet these lamentable results might have been prevented, if the sufferers had been timely brought under the influence of this sys-

tem and practice. And in confirmation of these assertions, we would refer the reader to the printed reports from America, giving in detail the experience of medical men, of the first eminence in the profession. This bath differs very materially from any hitherto invented, being a medium between steam heat and fire heat, which can at pleasure be heightened or lowered. It holds in suspension the most insoluble properties of plants, even the resinous. The vapour passes through a metal plate perforated with small holes; and being properly diluted with air, is inhaled by the lungs of the patient, passes into the circulation, and being highly charged with the vegetable oils, gums, mucilages, resins, aromas, and all the various gaseous properties of the herbs, produces the most salutary and instantaneous effects on the constitution; neutralizing and carrying off by the pores of the skin, the noxious gasses cooped up in the cellular membranes of the whole body, particularly the exhalant arteries of the skin or follicles immediately under it; producing a far more safe and beneficial effect than any mineral medicine taken by the stomach. Medicine taken by the stomach mingles with the food, and with any acid or acrid fluid or gasses that may be in the stomach at the time; which frequently heighten the effects of some minerals to a corrosive poison. No such ill effects have ever been known at any of the establishments, either in England or America, where Mr. Whitlaw's baths and medications have been employed; and no poisonous herbs are allowed to be made use of. We must beg leave to caution our readers and the public against a set of unprincipled impostors; who, finding the great benefits arising to the afflicted from the use of Mr. Whitlaw's baths and system of treatment, have established and advertised baths which they profess to be similar to his, but which are quite the reverse, as they are not only without the medication, (that being supplied by himself to those gentlemen alone, who have purchased his patent for the districts where the baths are employed) but are extremely unpleasant from the suffocating effects of the superabundant steam, and also from the liability of the lower extremities of the patient to be scalded. By the scientific construction of Mr. Whitlaw's baths, the vapour is so rarified that the patient may while in the bath, read a newspaper without its being perceptibly damped. Vapor bathing is more beneficial than bathing in warm water, in diseases which proceed from obstructed perspiration, inasmuch as it restores and promotes that



salutary discharge, while the weight of warm water closes the pores, and confines the perspiration.

A strong, but wholly unfounded prejudice exists in the opinions of many highly respected persons in the community, and even among respectable physicians, that the use of the bath debilitates, and that after a bath there is increased danger of "taking cold," if it be taken in cold or unpleasant weather. Such is not the case. Facts are of more consequence than deductions from established principles: in proving the correctness of our assertions, we will, therefore, appeal to the results of experience, that "the use of the vapor bath is, in reality, a tonic, and fortifies the system against cold." In Captain Parry's expedition to the North Pole, the bath was constantly used by the men previous to taking their post on deck; and it was invariably found that the man who neglected its use could not remain on duty half so long as he who availed himself of it.—The Russian constantly plunges at once from the vapor to the cold bath, or exposes his body to the rigorous frost; this sudden transition hardens him to all the severity of climate, and to every vicissitude of weather—a transition which seems unnatural and dangerous to us. And we are also told, by Lady Mary Wortley Montague, that the Turkish ladies, who do not yield in point of delicacy to those of this country, bear this sudden alternation of temperature equally well with the Russian peasant. Sir Arthur Clarke says, "there is no danger whatever from cold—the truth is, we are less liable to cold after vapour bathing, than at any other time, for the increased circulation on the surface of the body keeps up a great degree of heat, which the non-conducting state of the skin long preserves in the medium of even a cold atmosphere: that this is the fact, experience on my own person, and observation of the effects produced on others, enable me to affirm; consequently the fear of 'taking cold,' expressed on such occasions, is both groundless and injurious. In December, 1812, when the thermometer was below 32 degrees, I went into a vapor bath heated to 130, which is five degrees above the *burning* land wind on the coast of *Coromandel*; I remained in it for ten minutes, and after having my body well dried, without any additional clothing to what I am accustomed to wear, I walked a distance of upwards of two miles, without any injurious consequences; on the contrary, I felt invigorated, and, as it were, defended from the coldness of the atmosphere."

Heat and cold are relative terms, and by themselves considered, are neither strengthening nor debilitating, but are only so, mainly, as a consequence of certain states of the human system, at the time of their application.—Heat and moisture united have long been known to intelligent physicians, among the most valuable means of cure in certain cases; and wherever they have been most accurately known, they have been most highly appreciated—and in no way can they be so effectually administered as by vapor baths. As a proof

of the powerful influence of the bath, we would just observe, that if a person were to drink half a pint of brandy, and then go into the bath, no intoxicating effect would be produced by it, but the towel which he used would be strongly impregnated with the spirit.

An attempt has been made by some interested opposers of this system, to prove its fallacy. They boldly declare that it is a delusion to suppose that medication can be held in solution, and that the idea of administering medicine through the medium of vapour, is nothing less than the offspring of quackery and imposition. Truth, however, is of a buoyant nature, and more generally rises above the force of prejudice, the violence of ignorance, and even the keenest shafts of ridicule.

We would ask these learned and scientific gentlemen, where, when, and how they attained this important knowledge—why they have not made their discovery known to the world—and how it is they have not had the public spirit and generosity to show the government of this country, that the quarantine laws are a useless burden, and that the country has, until now, been under a gross delusion, in supposing that epidemical diseases, such as the plague, fevers, &c., can be held in solution, and inhaled by the lungs, so as to prove fatal to his Majesty's subjects? When these gentlemen can satisfactorily prove that *impregnated vapor* has not power to injure, then will we admit that *medicated vapor* has not power to benefit. "But improvement or discovery in any art or science," says Sir Arthur Clarke, "at first is generally opposed, either from motives of prejudice, which it offends, or of ignorance, which it mortifies. One of the greatest physicians that ever lived, acknowledges the truth of this observation, as applied to the medical profession in particular, 'There is scarcely an improvement (says he) in our art, however obvious, that did not experience at first, the almost unanimous opposition of the faculty.'" The proprietors will be happy, at any time, to submit the baths to the inspection of any medical or scientific gentlemen—they do not shun, but court inquiry.

A very simple experiment may be made with the bath, so as to convince the most prejudiced that medication can be held in solution. Let a quantity of fir leaves, or young shoots of the fir, be placed in the medication box; after the patient has been in the bath the usual time, throw open the curtains to admit the cool air, when it will be found that the whole of his body will be covered with a resinous substance, and highly charged with electricity. A staunch and interested unbeliever of this system, in Philadelphia, United States, gave a challenge, that he would go into the bath, with the most poisonous herbs in the medication box, and said he was convinced the system was founded in error, and he would prove it by experience. To do so, he proceeded to the baths, accompanied by a number of officers and gentlemen of the first respectability, taking with him about half a pound of Dog Bane, and requested Mr. Whitlaw to allow him to take a bath,

with the whole of it in the medication box.—“No Sir,” answered Mr. Whitlaw, “I cannot allow you to put the whole of it in, but you may try one ounce first, and if that do not satisfy you, then you may try the whole of it.”—An ounce was accordingly tried: scarcely ten minutes had elapsed, from the time he entered the bath, before his companions, who were waiting in the room to witness the experiment, were seized with a violent pain in the stomach, accompanied with sickness, and were obliged to leave the room. The gentleman in the bath quickly exclaimed, “Take me out, I am poisoned.” With some difficulty he was removed, and such were the effects, that fourteen days elapsed before he was considered out of danger; his whole system appeared as though it were highly charged with electricity, from a powerful galvanic battery, and every nerve, vein, and artery, seemed to creep on the surface of his body.

*Extracts of Speeches delivered at a Public Meeting of the subscribers and friends to the “Institution for the Poor,” held in the City of London Tavern, March 21, 1831; Mr. Tickner in the Chair:*

MR. WHITLAW proceeded to observe, that probably in no hospital in this city were to be seen such miserable cases as those attending this Institution; as few of the patients had applied to him until they had tried the hospitals and dispensaries, seeking in vain for relief; many of them had been discharged from these establishments as incurable, and others deemed so hopeless and tedious, as to be refused even admission. Such were the cases daily presenting themselves to his notice, and claiming his commiseration. The funds of this charity being at present very limited, it was impossible to admit one half of those who came intreating relief; he had consequently, at his own expense, undertaken many cases of the worst description:—persons who had been dragging along a miserable existence, from five to twenty years of unmitigated suffering: there were cases of rheumatism in aged individuals, where the very tendons or ligaments seemed converted into bone by the severity of the continued inflammation; and yet these cases were not only relieved from pain, but the limbs were again rendered capable of performing their accustomed though long-lost motions. He had undertaken cases also of a more melancholy description, where the injudicious (he might say criminal) use of mercury, and other narcotic, acrid, and corrosive poisons, had produced the most terrible effects on the bones.—Still the long continued use of the bath and medicines, even in these cases, had performed cures nearly in every instance. Then with respect to nervous diseases, or those more immediately connected with the mental faculties, it was well known that the present practice of medicine could do but little towards their relief, as the alarming progress of insanity, and the hopeless captivity of its victims, abundantly prove. But the bath, properly medicated, with mild alterative medicine, and appropriate

dict, had restored many laboring under these affections, to the enjoyment of society and an equal mind. Moreover, in his private practice, he (Mr. W.) had at this time under his care, patients suffering from the extremes of fear, grief, love, and another disease but seldom met with, called by some writers, *malitio*. In the latter disease no words can convey an adequate idea of the appearance of an individual under its influence; nor is it in the least to be wondered at, that in times of ignorance and superstition, such a disease would be ascribed to supernatural causes, and the agency of demons. He (Mr. W.) could not refrain from making a few observations on a case of the latter description in a young woman, about twenty years of age. Great excitement, in the first instance, produced the disease, and habit confirmed it. She was well aware when an attack was coming on, by an indescribable sensation, as if something was running into the part about to be attacked first; which, in like manner, passed into every joint, not simultaneously, but successively. The severity of the spasm had destroyed the power of her left limb; and in every respect she appeared to be more like a person who had been struck with lightning than one under the effect of disease. From some cause which he was unable to explain, the ribs on the left side, when the hand was passed over them, would rattle as distinctly as if they had been denuded of their muscles; and many of them were so loose as to be moved up and down with facility. Many individuals had been requested to see this case, among whom were several medical men; and they all observed, that nothing short of supernatural interference could restore her.—However, the application of the bath, and other remedies, so effectually relieved her, that in three months’ time she was enabled to walk a distance of three miles without the aid of crutches.

Upwards of sixty thousand patients had come under his care since the establishment of the baths, in 1820; every disease, in every stage of its progress, had been treated by him; in some cases he may have been disappointed, but in no instance had the bath proved injurious; and the general results prove, beyond the shadow of a doubt, its incalculable blessing to suffering humanity. The greatest physician of modern times has well observed, that if a remedy could be found to act simply on the glandular system, he should consider it as a specific for serofula; now such a remedy he (Mr. W.) had discovered, and the result proved the correctness of the opinion. Serofula and cutaneous diseases of every description yielded to his means of cure; and even cancer, in its incipient or scirrhus stage, had as yet, been successfully treated, and several in its ulcerated state. But he did not pretend to cure that disease when the secondary symptoms were established; that is to say, when the liver, the chest, the glands, and blood-vessels generally, were involved in the disease. His baths were now established in all principal towns and cities throughout England. He had sold his

patent for Staffordshire, Worcestershire, and other places, and for the whole of Ireland. To the medical gentlemen who had adopted his system, he returned his most sincere acknowledgments; and would conclude by observing, that as misery beget misery, disease would beget disease, and prodigiously increase; health would beget health, and would but moderately increase—so says, the history of the world.

W. LEWIS Esq. surgeon, Wolverhampton, said that the valuable observations which he had already been able to make in support of Mr. Whitlaw's system, were so numerous, that he was satisfied he could not better support the cause they had that day met to promote, than by reciting some of the facts that had come under his immediate notice. Scarcely two months had elapsed since he had taken up the system, and it was a pleasing reflection to his mind that during that short period he had done more good, in several inveterate cases, than he had effected for 2 years previously. On first adopting the system he was stigmatized as a quack, and an impostor, and was told that he would be discountenanced by other regularly educated practitioners; as long, however, as he could confer the benefit upon the community, which he had done for the last two months, by means of this system, he should pay no regard to the countenance or discountenance of medical or non-medical practitioners. The first case to which he would beg to call the attention of the meeting, was the one mentioned in the letter from Mr. Cecil, of Birmingham, which had been under his (Mr. L.'s) care. It would, perhaps, be well if he gave a few additional particulars to those furnished by Mr. Cecil:—the little girl was seized six years ago with hæmorrhage from the nose, which was, in his opinion, imprudently stopped, and the consequence was *epileptic fits*, so violent that they reduced her to a state of idiocy. Mr. Cecil mentioned that she was also subject to very violent convulsions, and that when she had left him she had four or five attacks daily. He, (Mr. L.) however, was now happy to state, that she had not had an attack for several days, that she was able to walk about, and associate with her friends as formerly. There was another case of a similar nature, also, shewing the powerful effect of Mr. Whitlaw's system in curing diseases of that description: it occurred in a little boy who had been so troubled with *epileptic fits* as to be reduced also to a state of idiocy; that patient was now in a state of recovery. Having been an eye witness to the efficacy of the baths, in the case of the daughter of the Rev. Mr. Gooke, Wesleyan minister, he was induced to visit London, for the purpose of investigating Mr. Whitlaw's system; and he found that the most inveterate cases were, (not by the means of the bath alone) but the adoption of the whole system, most perfectly cured.—There was another case which he was particularly desirous to mention:—a young gentleman had placed himself under his care for a white swelling—a *scrofulous affection of the*

*knee-joint*—having previously, for several months, been under the most eminent practitioners, without obtaining any relief. The first time he went into the baths, the swelling was reduced nearly to one-half the size; on taking several baths, and strictly adhering to the prescribed rules of diet, he was perfectly restored. For four months he had been compelled to walk upon crutches, but he now dispensed with them, and it was impossible to observe any thing the matter with him. The next case that he would mention was one of *disease of the heart*. The man had been under the care of various physicians in Birmingham, for the period of fifteen months, during which time he had been incapable of doing any sort of work. He was requested to make some enquiry respecting the vapor baths; the medical gentleman who attended him, previous to his visiting his (Mr. L.'s) establishment, having given it as his opinion that he would not live seven days. The first time the patient went into the bath, he experienced so much relief that he expressed his conviction that two or three baths would cure him—and such was the result—after four baths he was perfectly cured. This case proved the power which the bath had in some measure towards leading to a correct diagnosis, and detecting the true nature of the disease. The disease had been differently stated by two or three eminent physicians who had seen the patient; one had declared that there was ossification, another that there was an enlargement of the heart, and a third that it was pericarditis, supervening on an attack of acute rheumatism; it was evident that the latter gentleman was the only one who had formed a correct diagnosis, for had there been any organic disease, it could not have been arrested in so short a space of time. It was true that he had only adopted the system a short time, but as far as his experience hitherto went, he considered Mr. Whitlaw's system superior to any that had been previously adopted. The next case to which he would refer was one of *chorea*, or *St. Vitus's dance*; that case had been under the ordinary treatment for several years, having been under the care of physicians and medical men previously. The patient had been under the treatment of Mr. Whitlaw's system for about four weeks, and was recovered. (*Applause*.) So violent were her former paroxysms, that it required one or two to hold her. The former means of treatment, which were those usually adopted, had produced no impression whatever on the disease, but the principles laid down by Mr. Whitlaw, in conjunction with the baths, had, in the short period he had mentioned, restored her to perfect health so as to be able to go about without any person being able to detect that there was any thing the matter with her. Before he sat down he would just say, as he had reason to believe that there were several medical students present, that he sincerely hoped they would not be induced to forego inquiring into the efficacy of Mr. Whitlaw's plan, in consequence of any threats which may be held out by medical



practitioners; he had been threatened to be discarded by the profession, and even by the public press had been denounced as an impostor and a quack; but while he continued to effect the good he had already done, neither the one nor the other should induce him to alter his determination, unless the parties proved to him that they possessed superior powers of curing disease. He hoped from what he had said that medical men would inquire into the nature of Mr. Whitlaw's treatment, even if they did not adopt it. (Applause.)

The Rev. A. FLETCHER, A. M. rose to second a resolution.—It was scarcely necessary (he said) that he should do more than second the motion. He was at a loss to know what line of argument to adopt on the present occasion, after so much convincing matter had been submitted to the attention of that intelligent meeting. Was it necessary for him to endeavor to prove the excellency of the medicated vapor bath? It was not necessary: for that was fully established. Was it necessary for him to prove the relief it had afforded by the means which had been adopted? That was also unnecessary: for they had numerous living witnesses now before them, who had delivered their respective testimony with the greatest propriety, and in the most convincing manner. However, he would not sit down without making a remark or two; lest it should be imagined that he had grown indifferent to this great and good cause. There were several circumstances of an encouraging nature connected with the present meeting, and the first which naturally occurred to his mind had reference to their Chairman. He spoke not of that gentleman being a respectable citizen or a member of the Corporation of the city of London, or a gentleman devoted to acts of public benevolence and extensive usefulness—these were all pleasing circumstances: but what was more particular encouraging was, that he was himself one of the living trophies of the astonishing discoveries which Mr. Whitlaw had made. The intelligent Chairman had himself stated to the meeting, that had it not been for the medicated vapor bath, in connexion with other means pointed out by Mr. Whitlaw, there was no human probability that at the present time he would have been alive; or if alive, he would only have been dragging out a miserable existence. He had himself recommended several objects to this Institution, who were afflicted with such loathsome diseases, that he had felt uncomfortable the whole of the day after he had inspected them. Among other patients whom he had recommended was a girl fifteen or sixteen years of age: her mother stated, that her head was in such a state that it was frightful to look upon it. He (Mr. F.) went to the Establishment, in the hope of being able to overcome his aversion to see these maladies. The state of the girl's head was such, that of all the diseases which he had ever been called to witness, he never before had seen such an exhibition.—The whole surface of her head was one clot-

ted mass of foul, corrupt, conglomerated matter. She had been under the care of several medical gentlemen for ten years, but without the least benefit; and had also been in several hospitals, without obtaining relief. To his great astonishment, however, after having taken a few baths, she was presented to him perfectly convalescent. (Applause.) Another case to which he would allude, was one of cancer, which occurred in a woman far advanced in life:—she was now nearly restored to health. There was another case which was altogether so interesting, that he could not refrain from alluding to it. Though it was not at all times prudent to mention names, yet he should do so on the present occasion, because the details reflected the highest credit on the gentleman to whom he was about to allude. A member of his congregation was a student at the college at Hackney, under the tutorship of the Rev. Mr. Collison. He was a very intellectual young man, and was formerly one of the sub-secretaries to the Newfoundland School Society, connected with the Church of England. The Rev. Mr. Collison wrote to him (Mr. F.) to state that young Seabourne's health was in such a state, that it was impossible he could remain in the college. He had lately become the subject of epileptic fits; the paroxysms of which were so violent, that it required four or six students to hold him;—that it would be necessary to take lodgings for him; for during the fit, he completely interrupted the whole of the students from their pursuits. Mr. Collison also suggested, that it would be advisable to apply to a medical man, to see if relief could be obtained. Lodgings were procured for him, and a letter of introduction given to Mr. Whitlaw. After taking the baths for two or three weeks, he was completely restored. (Hear, hear, and applause.) He was now pursuing his studies in answer to the fervent prayers of his friends and by the blessing of God, resting upon the simple means which Mr. Whitlaw was so successfully employing for the benefit of mankind. (Cheers.)

DAVID WINZAR, Esq. surgeon, rose and said, he had practised in Salisbury for twenty five years, but when his attention was directed to this system he investigated it, he made every inquiry respecting it, and acting upon the conviction which those investigations produced in his mind, he engaged in the undertaking. As far as prejudice went in Salisbury, he was happy to say that those who stood highest in his profession were beginning to yield, and lately Dr. Fowler, a man who ranked at the very height of the profession, had given him (Mr. W.) his unqualified approbation and had sent his own family to the Baths. He was determined to persevere, for he saw that his suffering fellow creatures were benefitted by it.—The baths, perhaps, might not be so profitable as ordinary practice: but he was satisfied, that he had done good in many cases where relief could not otherwise have been afforded. There was one case to which he must beg leave to

allude. It occurred in a woman who came from Stockbridge, eighteen miles from Salisbury, with *paralysis*, under which she had been laboring two years. She came to his house attended by her sister, her left arm being entirely useless. On taking the second bath, she exclaimed to her sister who was standing by, "O sister, I can move my arm;" and she moved about the furniture of the bath. On the following day, he (Mr. W.) was told by the sister, that she was able to lift her fork; tho' for two years she had been unable to feed herself. He was not quite satisfied about it, and thought it a mere report; but he called upon her the third day, when he saw her feeding herself. (Applause.) After taking the baths for 3 or 4 weeks, she called upon him, when she was able to walk and make use of her arm. There was another case equally interesting. A very fine young man was brought to him last September, laboring under a *scrofulous affection of the hip-joint*; which was so severe, that he was compelled to walk on crutches, and was helped into the bath by his (Mr. W.'s.) own son. In six weeks he threw away one crutch (hear, hear,) and in two months he threw away the other. (Cheers.) He followed him yesterday in the streets of Salisbury, and could scarcely perceive that he was lame. He was now in perfect health. Another case was that of an old man, who suffered under *pulmonary and cutaneous disease*—two most severe affections. He had often seen him stop in the streets and gasp for breath; the discharge from his lungs being of the most offensive nature. After taking six baths he informed him (Mr. W.) that he had lain upon his left side, after being unable to do so for eleven years till the previous night. Before taking the baths he was like a leprous person from head to foot, and covered in such a manner that it was quite offensive to him (Mr. W.) when he assisted him to the bath. In justice to Mr. Whitlaw he ought to add, that he (Mr. Winzar) had himself been almost a martyr to the gout once a year. An acute attack came on some weeks ago, when he instantly took a bath, and had not had a return since. As a man of justice, as a man of honor, and as a professional man, he was bound to give his support to the baths; and he was determined to persevere in their employment. (Cheers.)

*At a former Meeting held at Mr. Whitlaw's house, 14 Finsbury-Place South, January 15th, Mr. Croker in the Chair:—*

HENRY LONGDON Esq. said, that he should have been most happy to have remained a silent spectator on the present occasion, and to have listened to the delightful details which would be brought before their notice. An imperative sense of public duty, however, constrained him to forego private feelings, and to come forward in that public manner to announce the benefits he had experienced himself and to detail the beneficial influence of the vapor baths upon a number of the suffering inhabitants of the town of Sheffield. He was sorry that he was compelled to base the sub-

ject on his own individual case, and to bring forward his own history before that respectable assembly. He would, however, cast himself on the kindness and liberality of the christian philanthropists by whom he was confident he was surrounded, while he discharged a duty that he felt he owed the public, in declaring the benefits he had received from Mr. Whitlaw's vapor baths. Till within the last twelve months, he had been of the most delicate frame and constitution. He existed, but did not live—his state of health was such that he was incapable of enjoying any of the comforts of life. There was scarcely a week preceding the time he had mentioned, that he did not expectorate blood from the lungs; and never was he for a moment during that time without a burning pain in the chest. He had travelled thousands of miles, and had consulted physicians and medical men of the highest eminence in their profession, but nothing which they were able to administer ever afforded him more than momentary relief. About two years ago, when in private lodgings, in the metropolis, he met with two gentlemen who had been using the vapor baths, and by them he was induced to have an interview with Mr. Whitlaw.—That gentleman told him he had treated several cases similar to his, and that in every instance he had succeeded in effecting a perfect cure. He was at that time in so delicate a state, that the least exertion was invariably followed by an expectoration of blood from the lungs. He should never forget the remark that was made to him by Mr. Whitlaw, on his first interview, which was "Sir, if you come to me, I will make your lungs as tough as whiteleather." (Laughter and applause.) The words *Whitlaw* and *whiteleather* had ever since been associated in his mind. In December, 1828, he took two baths, but business did not permit him to remain longer in London. Upon the first occasion, before he had been in the bath a quarter of an hour, he felt persuaded that the bath would cure him. The vapor was as immediately directed to his lungs, as though an external application had been made to the inflamed part of his chest. During the early part of the last year, he devoted five weeks to an attendance upon the baths, which, together with the employment of Mr. Whitlaw's medicines, had produced, not only a perfect cure of his lungs, but a complete renovation of his whole system. During the last eleven months he had been in a state of the most unexampled health, and a perfect astonishment to his townsmen. Formerly he was pale, feeble, and emaciated; but he was now strong and robust. Feeling grateful to God for the blessings he had received, he asked Mr. Whitlaw whether similar benefits could not be conferred upon his townsmen, to which that gentleman replied, "Certainly, you can open an institution similar to mine, and if you will find me a man of intelligence, I will instruct him to administer my baths with the same success that I have done here." Upon his return to Sheffield, he sent an individual to London who was instructed by Mr. Whitlaw, and he

immediately opened an institution in that town. From among the poor he selected six cases, which were conducted to a perfect cure; and upon that he issued a card, announcing the various diseases which the bath was capable of curing, being himself a living and incontestable proof of the power which the bath possessed. He then called upon the medical gentlemen in the neighborhood to examine the baths, and see what they were capable of effecting. The medical profession did honor to themselves by attending, and one of the principal physicians in the town, who was familiar with vapor bathing, shook him by the hand, and did him the honor of calling him (Mr. L.) one of the greatest benefactors of his species; adding, that he considered it a new era in medical practice: that by the baths many valuable lives would be saved to the country, and for the want of such baths, many lives had been lost. He proceeded quietly with his projects; the medical men took up the subject and rendered the most efficient aid. The first families in the neighborhood availed themselves of the baths, some of whom had occasionally waited some hours, owing to the numerous applications, and had retired, being unable to procure a bath. He was now about to extend the project, by means of which he should be able to give 150 baths in a day. He could refer to various classes of cures that had been performed. The medical profession had not hitherto offered any opposition, and he had advised them not to do so, assuring them, that if it were required, he could produce cases which would confirm every word he had said; but if all the ordinary modes of treatment failed, to send the cases to him, and he would effect a cure by means of the bath. Several of them had done so. One of the first surgeons in the town sent him a child about four years of age, which when born was quite purple, and a scorbutic eruption soon broke out from head to toe. It was one mass of disease, and had never been free from pain, from the moment of its birth. It had then arrived at a crisis, and appeared to be fast sinking into the arms of death. The surgeon said he had done all he could for it; it must soon die; there was but one hope for it; a new Institution had opened in the town, and he recommended the parents, on the following morning, to take it to the vapor bath; adding, that possibly the bath might cure it. The child was accordingly brought; the house was filled with patients, who said that it would be cruel to attempt to do anything for it, it was too far gone.

The Chairman inquired, whether it was covered with sores at the time?

Mr. Longdon said it was; they were unable to dress it; and it was merely covered with linnen cloths, and wrapped in a blanket. It was put into the bath; in fifteen minutes it was in a profuse perspiration, which was the first time that ever perspiration had exuded through the skin. The medical gentleman called upon the parents the following morning

when the eruption had already begun to disappear, and he immediately said the bath would cure the child. On the second day it was again brought to the bath, and two days afterwards it walked to and from the bath, a distance altogether of three miles.

A gentleman inquired whether any medicine had been given to the child during the period it attended the bath?

Mr. Longdon replied, that the medical gentleman continued his attendance, and administered whatever medicines he thought proper. With regard to the cases of rheumatism, the cures were most astonishing, both in point of number, and the nature of the cases. A woman had been sent to him, who for about five years had not been able to go out of her house. After attending the bath but a very few times, she threw away her crutch, saying, "I have done with thee forever." (Applause.) The medical gentlemen were now convinced of what they frequently doubted, namely, that medication could be held in solution. He (Mr. L.) told one eminent practitioner, that if he would come to the bath he would engage to kill him with poison by means of the bath (laughter,) or if he was not willing to have the experiment performed upon himself, he would perform it upon a dog; and the inference was, that if medicated vapor had power to injure, it had also power to benefit.

A young female, about 24 years of age whom he had known about ten years ago in a Sunday school, was in such a state of disease, that she was unable to walk without assistance.—She had a brain fever, which left her in a hopeless state, and for three weeks the medical gentleman had discontinued his visits. She declared to him (Mr. L.) that for three weeks she had never slept one moment. Her sufferings were extremely severe, and she had the greatest intolerance of light. On the following morning she was brought to the bath, and the patients all declared, that the probability was that she would die in it. He however requested permission to exercise his own judgment, and she was accordingly placed in the bath. In about forty minutes she came down perfectly capable of bearing the light; she had a smile on her countenance, and appeared altogether a new creature. The effect which the bath produced was, to use her own words, "as if a pillar of fire went out of the top of her head." In about seven or eight baths she was perfectly cured.

A young female, about eighteen years of age, had applied to him, in consequence of a violent inflammation attacking her eyes, nose, and upper lip. She had been in the infirmary, where the antiphlogistic treatment had been adopted without effect. She attended the baths and was perfectly cured. The son of his partner was seriously affected with scrofula on the foot, and to such an extent, that the joint became ankylosed, and the medical profession were totally unable to render him any aid; but by means of the bath he perfectly recovered.



**Anti-acid, No. 5.**

This medicine is administered to correct acidity in the stomach, which often remains after the alterative and purgative medicine has been duly employed in cases of scrofula. Besides its operation as an anti-acid, it acts effectually in dispersing glandular swellings, so long as they continue hard and moveable beneath the skin; but when they become soft and adhere to the integuments, their dispersion will then be best promoted by the use of the alterative and purgative medicine No. 2. I know of no medicine that is equal to it in the cure of disorders arising from derangement of the digestive organs.

**Anti-acid and Tonic, No. 6.**

This medicine like No. 5, acts powerfully in promoting the removal of scrofulous tumours, after a proper course of the alterative and purgative medicine; but as it is apt to occasion sickness or nausea of the stomach, head-ache, great temporary prostration of strength and depression of spirits, it should be applied very cautiously and only in small doses. Very large glandular swellings, in the course of a few days, become absolved under the use of this medicine, which may account for the great constitutional disturbance it occasions.

**Anti-pseudo Syphilitic, No. 7.**

In cases of syphilitic diseases, after mercury has been administered so as to affect the mouth for the length of time ordinarily deemed sufficient to effect its cure; and after the alterative and purgative medicine No. 2 has been duly employed to remove the mercury from the system, should any of the symptoms of the original disease remain, this medicine may be employed to dispel; but it should be used very cautiously, as it is liable to occasion giddiness, excessive nervous debility, and tumours over the whole body; it also removes strictures of the urethra, and is a valuable remedy in all cases of humid leprosy.

**Anti-hæmorrhagic, No. 8.**

Is employed as a valuable remedy in all those diseases belonging to the order hæmorrhagia, or profluvia in Cullen's Nosology, as bleeding at the nose, spitting of blood, bleeding piles, excessive menstruation, dysentery, diarrhœa, copious purulent discharges from abscesses seated in the lungs by expectoration, or in any other part of the body, especially those of a scrofulous character. This medicine also acts as a mild but effectual tonic, in raising a patient from a state of extreme debility occasioned by either of the above discharges, and may be given with perfect safety, as it restores strength, without increasing vascular action.

**Tonic and Aromatic, No. 9.**

May be employed alternately with the alterative No. 11, to restore the tone of the stomach and bowels, and to increase the vigor of the constitution: it exhilarates, promotes appetite, and invigorates the frame. It is particularly serviceable in liver complaints, to restore the healthy action of the digestive functions, after existing obstructions have been removed; and generally in cases where a gentle tonic medicine is required, or the milder tonics are indicated.

**Tonic, Aromatic, and Apparent No. 10.**

This medicine being the same as No. 9, just described, with the addition only of a saline purgative ingredient, may be employed under similar circumstances, except where a necessity exists for a more active aperient medicine, particularly after the administration of the alterative and purgative No. 2.

**Tonic and Corroborant, No. 11.**

Is a medicine, as its name implies, of a most powerful tonic quality, and may be administered in all cases where the Peruvian bark and steel are ordinarily employed. It stimulates the nervous and vascular system: for instance, in cases of intermitant and remittent fever, in the intervals between the paroxysms, after proper evacuations to remove obstruction. This medicine given hot in a full dose exerts a peculiar power in relieving the pain arising from difficult menstruation.

**Tonic, Corroborant, and Aperient, No. 12.**

This medicine being the same as the above, with the addition only of a saline purgative ingredient, as in the case of No. 10, may be employed under similar circumstances as its basis, No. 11, where a necessity exists for an aperient effect.

**Tonic and Astringent, No. 13.**

In extreme cases of diarrhœa, arising from the relaxation of the mucous membrane, lining the stomach and bowels, indicated by frequent alvine evacuations, mixed with a large quantity of mucus, this medicine affords relief where the anti-hæmorrhagic medicine is ineffectual to arrest the diarrhœa; it is employed efficaciously in the latter stages of dysentery.



### Medicated Vegetable Vapor Bath.

For upwards of forty years I have been studying the Vegetable Kingdom as applicable to the purposes of life, particularly food and medicine, and for the more effectually conveying the physical powers of plants into the circulation through the medium of the lungs, without the mediation of the stomach, which is the climax of the healing art.

I obtained a patent in the United States and disposed of it 1825 to a company of Gentlemen amongst whom were eight Medical men in the city of New York, I also sold it to many other Cities and Towns in the United States, the reports of the Medical men may be seen at the Vapor Bath Institution 280 Broadway. The Medical men who used my bath in their practice were summoned before the Medical Society and compelled to relinquish the use of the Bath, on fear of expulsion, it was given up by them and has been administered in John Street without any protector but those who were hired to give the baths by the Company. I returned to London in 1825, I took out a patent in that country for the Bath; the extraordinary cures I made procured for me the patronage of the late Duke of York, and of a large number of the Nobility, Officers of the Army and Navy, Bankers and Merchants and in consequence of some remarkable cures which I made in the city I have secured the patronage of the Lord Mayor and Corporation of London, I have been anxiously entreated by a number of Clergymen, and many of the respectable inhabitants of this city to open my Baths and to place them under the most respectable patronage before my departure for England. Nothing but a sense of duty I owe to the human race could have induced me to remain. I am willing to teach the use of the Bath to men who are respectably connected, and can give references in New York and who can command a sum of money sufficient, say from one to three thousand dollars according to the taste he might choose, to establish the Baths upon a respectable footing in each State of the Union, it would be one of the greatest blessings ever conferred to the present and subsequent ages. I would also teach them the Pathological principles, and medical treatment of Linnæus the greatest naturalist and medical philosopher that ever lived and all the improvements made on his system by my Bath and new medical discoveries.

### TO BE HAD AT 280 BROADWAY,

Whitlaw's New Medical Discoveries, with a defence of the Linnæus Doctrine, and a translation of his Vegetable Materia Medica, Price \$2.50.

In Vol. 1. of the New Medical Discoveries, the causes, effects and the best mode of curing the most inveterate diseases, are treated of at large, a defence is given of the Linnæus doctrines, the properties of food, with its effects on the human body are clearly described, an alphabetical arrangement of diseases, and their principal predisposing causes are presented with a new nomenclature of diseases, naming them after their principal existing causes, in order that mankind may more readily guard against them; also a mode of cooking for the sick, and the description of the virtues of the simple and compound medicines prepared by the Author, Vol. 2. is a translation of Linnæus's Materia Medica, which now, for the first time appears in an English dress.

On a perusal of Linnæus's Materia Medica in Latin, I was quite astonished that so valuable a book had never been translated into the English Language I consider it the most concise and valuable production that has been given to mankind. It contains a botanical description of five hundred and thirty four plants, used for food and medicine, with an index to the various diseases with all the different herbs that have been beneficial in their alleviation and cure, selected and arranged from the united wisdom of former ages up to Linnæus's own day.

To translate a book arranged by so able a naturalist and physiologist as Linnæus, I thought the greatest benefit I could bestow on mankind wherever the English language is spoken, for I have no hesitation in pronouncing it to be the best foundation for medical knowledge that ever was laid. It is a family Herbal, of the greatest importance, as it clearly points out the specific action of herbs on the human body whether used as food or medicine; as a work of reference it has no equal and is highly valuable to students as well as to medical practitioners. It is also of great importance to agriculturalists, as it points out the causes of the diseases of the stock and the method of cure, the best method of rearing poultry and hints on agricultural improvements in general, where may also be had my work on the causes and effects of Inflammation, and fever and mode of cure, it embodies the reports selected by the London Committee on the success of my Bath and medical treatment and observations on diet, and regimen and cooking for the sick, price \$1.50. The two works will show the benefits conferred on the afflicted portion of the British public, and the extensive patronage I have received. The success I have had with patients in three weeks, in curing Consumption, Brouchitis, Dyspepsy, Tiedoulouccux, female complaints, Erysipilas, Mercurial disease, Rheumatism, is beyond any thing ever seen in this city, as they were deemed incurable.

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